7

VALUABLE PLANTS,

ILLUSTRATED

AND

DESCRIBED

BY

CHARLES ADAMS,

Medical Specialist.

WITH ADVICE

ON

INDIGESTION.

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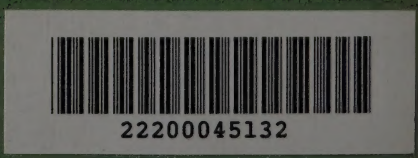
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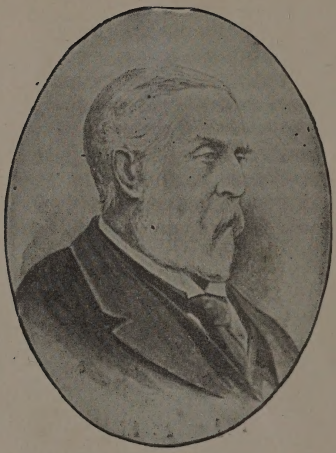


MY STATEMENT IS JUSTIFIED BY MY EXPERIENCE

RHUS GLABRUM,

THE Plant Rhus Glabrum is grown in the United States of America, and Canada, in the thickets and waste ground, its medicinal properties are Refringent and Diuretic; a powerful agent in Lost Vitality.

BARK PERUVIAN.

THE Plant Peruvian is grown in South America, Ceylon, and India; its medicinal properties are Astringent, Tonic, and Diaphoritic, very active in Dyspepsia, General Debility and Lost Vitality, no matter the cause.

GERANIUM MACULATUM.

THE Plant Geranium Maculatum is grown profusely in England and the North of Europe; its medicinal properties are Astringent and Tonic.

CHERETTA.

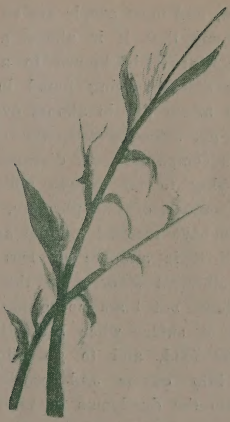
THE Plant Cheretta is grown in India, its medicinal properties are Tonic, and Stimulant, gives strength and tone to the nervous system, creates vigour, and improves the appetite, a powerful Digestive assistant.

KOLA NUT.

THE Plant Kola is grown in Africa, between Sierra Leone and Congo and Lower Guinea, and is a very powerful Constitutional Tonic, creating great sustaining powers when properly compounded. The oval portion standing apart represents the nut. (Kola nut).

DAMIANA.

THE Plant Damiana is grown in South America, is slightly Anthelmentic, Tonic, and Diuretic, promotes sleep, permanently strengthens, and is valuable in assisting other ingredients in rearing a Debilitated Constitution.



SAW PALMETTO.

THE Plant Saw Palmetto is grown in Florida and South Carolina, where it forms the Palmetto Scrub of the coast; it is a powerful agent in Early Decay, no matter the cause.

INDIGESTION.

VERY much has been written on the subject of Indigestion, and most people are so well acquainted with its symptoms that it is almost a waste of time to go into details; it is known to a greater extent than any other disease, being found in every civilized country, and I might say in almost every family, and although it is not attended with the same amount of danger which accompanies most diseases, it is nevertheless very annoying to the person afflicted, destroying many of the sources of his pleasure, and there are few people who have reached middle age who are not acquainted with it in a more or less degree. There are dozens of different theories on the subject of the digestive functions, but I am not going to add another to the list, let it suffice when I say that it is incapacity to digest food, and to go into details as to food forming into chyme and passing through the pyloric valve into the duodenum or upper intestine, and thus receiving bile and pancreatic secretions, etc., etc., cannot interest my reader. A few of the causes of Indigestion are bolting the food instead of first chewing it, eating food which does not agree with them, eating to excess, continual spitting when smoking, badly ventilated rooms, sedentary occupations, etc. The principal aid to digestion is the Saliva which forms in the mouth during the chewing process and forms a gastric kind of sap in the food, which when swallowed forms gastric juice in the stomach, without which there can be no

proper digestion; lack of gastric juice and a weak stomach are the two principal causes of Indigestion; there have been hundreds of substitutes for gastric juice brought forward by medicine vendors as cures for Indigestion, but not one has possessed the merit the vendor claimed, that is with regard to being perfect; they have all fallen far below the standard of NATURE the natural saliva formed (as I said before) in the mouth during the chewing process, in this instance you also get it in its correct proportions as ordained by nature; it will accordingly be seen that the most likely restorative of impaired Digestive Functions is:—1st.—To get at the strengthening of the stomach; 2nd.—To thoroughly chew the food; 3rd.—To keep to the food you have proven by experience best agrees with you; and 4th.—To under no circumstances overload your stomach, and as much open air as possible. I am often asked to name a suitable diet, but such I can assure you is impossible, for no two people are alike; the food which would digest in one person would absolutely fail to digest in another, consequently there is no law as to diet; but a great aid to digestion is to study your stomach, take notice of the food which you find (by experience) best agrees with you, allowing your stomach to be the judge, and the best preparation for those who find it absolutely necessary to assist their digestion I have yet discovered and one which seems in harmony with nearly everyone who takes it, is composed of:—

CLOVES
CAYENNE
TURKEY RHUBARB
GENTIAN

and two more ingredients best known to myself. I have been in the habit of giving my Prescription in full, but have found my readers have not dealt as fairly with with me as I have openly with them, inasmuch that they have favoured their local Herbalists with perhaps a little above their share, not but that they have a perfect right to do so if they feel so disposed, but all the same my benevolence can exhaust the funds which go to pay the printing of this matter, put forth for the benefit of suffering humanity, hence my refusal to give the prescription in full. These ingredients are formed to the shape of a pill for convenience, you place them on the table at every meal time, and take one on the top of each meal—in fact it has to form part of your food—and to be regarded as an essential it is absolutely vegetable and helps to form a vegetable diet; improvement in the digestion will be readily observed, wind in the stomach and bowels expelled, and a sense of freeness and ease prevails; no substantiation of my statement will be needed, they will prove their own merit and you will not be again to advise to have them by you. They are not a medicine but simply a digestive assistant, and as wholesome as the food you are at the time eating; they are ONE SHILLING a Box of 21 Pills, or 7 days' digestive assistance; or a Box containing four times the quantity will be sent Postage Paid on receipt of Postal Order for THREE SHILLINGS.

SYMPTOMS.

THE symptoms of Indigestion are very varied, a very prominent one is slight pain at the pit of the stomach, the stomach feels to expand a little, and with many people will remain expanded for an hour or so, at this stage it is described by most Doctors as Dyspepsia, and by others as Flatulence, only one name is needed and that is indigestion; another symptom very common is dizziness in the head, a sense of restlessness in many people without observing the stomach sensations previously named, and in numerous instances palpitation of the heart, as the disease becomes more confirmed the mind becomes depressed, the brain muddled, and a sense of melancholy and nervousness prevails, when this nervousness is advanced it is called Constitutional Nervous Debility, and yet under these difficulties, apart or combined, many people fatten, especially females, whilst others begin to waste, (run off in flesh), especially men, it is then called Lost Vitality of a constitutional nature, therefore, it may be well to bear in mind that it is not the large quantity of food we eat which produces strength, but the medium quantity we digest, it is always well to cease eating when you could eat a little more, rather than overload the stomach. Where bilious attacks are present, this denotes that something is wrong with the Liver, it is not performing its proper functions, and one can scarcely be corrected without the other, the

stimulating of the Liver and the moving of the Bowels must have attention; appended will be found particulars of a Vegetable Liver Pill which will do its work without excessive purging, purging is weakening and should be avoided; a sense of happiness prevails in the person whose Stomach and Liver are in perfect harmony, and it is worth ones while to achieve this object. A powerful Vegetable Tonic for giving strength and general tone to the Stomach is the Vital Restorative, inasmuch that it gives strength to the entire system, and thus meets many local demands invariably met with in debilitated constitutions; this again is purely Vegetable, the illustrations of these herbs, (in the plants), are given in this pamphlet, but if the Indigestion Pills appear to be doing all that could be desired, the Vital Restorative is not necessary; in this instance the patient must use his own judgment.

ADDRESS ALL LETTERS:—

CHARLES ADAMS,

SPECIALIST,

BRADFORD,

ADVICE FREE. YORKS.

The Vital Restorative prescription is free to anyone not in possession of it, it is given in full, and the ingredients are described in their correct names.

A VALUABLE LIVER PILL.

The Liver is to the human frame what the fly wheel is to the engine, the great propelling power, and both to be kept in perfect working order require a little lubrication, the pill I advise is composed of:—

Extract PODOPHYLLIN
,, SANGUINARIN
,, CASCARA
,, GINGER

and another powerful HEPATIC harmoniously blended, forming a Harmless, Reliable Vegetable Liver Regulator; far superior to mercury and other pernicious mineral preparations now before the public; a many of which have a little mandrake added and thus described as vegetable.

Dose: 1 or 2 Pills at Bedtime, 3 nights a week.

A box of the above pills will be sent (postage paid) to any address for Postal Order for ONE SHILLING or Twelve Penny Stamps.

EXTRACT FROM THE *Daily Mail*, JULY 26th, 1902.

"Drugs have developed a modern class of criminals. Morphine, opium, and cocaine are responsible for more nervy crimes in America to-day than all other causes combined—at least, so claimed the burly sergeant, as he settled himself down comfortably for a quiet chat. He waved his hand towards a big cabinet, which took up half the wall space of the detectives' room. To give in detail the contents of that cupboard would be to write a history of crime in Utah.

"Dope fiends give us more trouble than all the other classes of criminals combined," he said. You can see their faces everywhere. There is no use talking, crime and the use of drugs are married for keeps. Once let a man become a dope fiend, and if he does not turn out desperate it is simply because he has not a spark of ambition in his make-up.

A number of them have used dope so long that they now have to mix them to get the desired result. Cocaine and morphine are possibly the most common combination. The proportion of our young prisoners who use cocaine is large, for it is cheap and easily obtained. Under the influence of the drugs all sense of fear is deadened, law, prison, and the police are forgotten, and the all-consuming desire is to get more money to purchase more elixir of life. In doing so they will take chances which no sane man would entertain."

It may be interesting to my readers to learn that such medicines are rapidly finding their way to the British Public by advertising medicine vendors, and it will be to the welfare of the British Public when the time arrives when every bottled mystery must bear a label describing its contents.

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